

The H-N REACH EarlyON at Home

ACTIVE!
▲ FAMILY NEWSLETTER

ACTIVE! ACTIVE! LET'S STAY ACTIVE!

We've all been told how important it is to remain active throughout our lives. Whether it's running, climbing, skipping, swimming or going for walks, being active is as important to our children's physical and mental well-being as is the food we feed them. But - there are other benefits that come with being active that may surprise you. Being active TOGETHER is a great way to bond with your child - to bring a deeper sense of connection and belonging that we all need, especially now! In this week's newsletter, you'll find lots of ideas to get active with your child, reasons why it's important, terms like 'physical literacy' and a recipe to refuel your energy. As always, if you ever have any questions or want to connect with any of us, just email us at: earlyon@hnreach.on.ca.



MOVING, SITTING AND SLEEPING - WE ALL NEED IT!

Ever asked yourself if your child is active enough? Do you balance the right amount of physical activity with quiet activities? Do your children get enough sleep? All movement is important, and sitting and sleeping is also important to encourage healthy growth and development in young children. They need to move, sleep, and sit the right amounts of time each day. Even if a child is getting enough physical activity in a day, the health benefits can be reduced if they are not getting enough sleep or if they are involved in too much sedentary activities such as sitting during screen time.

All activity counts. Try these tips to get young children moving:

- **Create safe spaces for play.** Set up areas both inside and, if possible, outside.
- **Play music and learn action songs together.** Check out our EarlyON Facebook page for ideas!
- **Dress for the weather and explore the outdoors!** Getting outside inspires moving around!

There are many websites that offer support and advice for getting active, as well as suggestions for activities. The Canadian Physical Activity Guidelines is one such site, and outlines the recommended daily movement guidelines for the whole family: infants (1 year or less) should be active for at least 30 minutes a day; toddlers and preschoolers (ages 1 year to 4 years old) should be active for 180 minutes a day.

For more information and for ideas on how to balance your child's moving, sitting and sleeping patterns, check out the valuable resources at <https://csepguidelines.ca/>

SING AND MOVE TO YOUR FAVOURITE SONGS!

- Hokey Pokey
- Teddy Bear, Teddy Bear
- Wheels on the Bus
- Zoom Zoom Zoom
- Sleeping Bunnies



PHYSICAL LITERACY

Physical literacy is about the development of fundamental movement skills and motor activities that are needed to move with competence and confidence in all environments. Physical literacy is about awareness and the social, emotional and cognitive qualities that we all need to move. It is the motivation, confidence, physical competence, knowledge, and understanding to value and take responsibility for your physical activities in life.

Sounds like a big deal? It is!

Physical literacy skills are essential skills for all, and provide a foundation for active, healthy and successful children. It is a vocabulary of movement that needs to be learned before starting academic learning.

Children who are exposed to physical skills early are more motivated to seek out vigorous healthy play; yet even children who enjoy physical activities are less likely to have the opportunities in today's world. As a society, we have become more inactive as we wrestle with screen time, smaller families and fewer safe outdoor play areas. Here is a list of the **fundamental movement skills** that are used throughout life and are learned by actively participating in them:

- Walking
- Running
- Skipping
- Jumping
- Swimming
- Skating
- Throwing
- Catching
- Climbing
- Rolling
- Kicking
- Landing
- Hopping
- Biking



Early Physical Literacy

Early physical literacy begins with the 'Active Stage' from birth to 6 years of age. This stage has 3 sub stages: infants, toddlers and preschoolers. These 3 stages encompass basic human movement when an infant begins to sit, stand, balance and walk. The next stage moves from toddlers through to preschoolers, where children learn to run, jump and throw.

When young children participate in early forms of physical activities such as rolling a ball back and forth, climbing over and under things, pulling themselves up to standing - they are developing executive function, self control and behaviour regulation that will help lead them to success in later life.

Babies and Physical Literacy?

Yes - that's right! The precursors to physical literacy are infant motor skills such as crawling and grasping, and these need to be encouraged during the first year. Skills like rolling (regular tummy time encourages that), sitting (that requires a lot of core strength and coordination that they would have developed during tummy time), and cruising (they're learning to walk now, so move any obstacles from the floor, get rid of those pretty breakables on the lower shelf and let them cruise around!) are the basic motor skills they'll need for the rest of their lives!

For more information and activities that you can do with your children to promote physical literacy, visit <https://physicalliteracy.ca/> and <https://activeforlife.com/>

IMPORTANCE OF PHYSICAL ACTIVITY FOR CHILDREN

Children need to be active every day to promote their healthy growth and development. Kids who establish healthy lifestyle patterns at a young age will carry them - and their benefits - forward for the rest of their lives.

Physical activity can help kids cope with stress. It also promotes:

- Healthy growth and development
- Better self-esteem
- Stronger bones, muscles and joints
- Better posture and balance
- A stronger heart
- Social interaction with friends
- Learning new skills while having fun
- Better focus and concentration during school



Canada's Physical Activity Guide to Healthy Active Living for Children tells us that three different types of activities promote healthy growth and development:

1. **Endurance:** These activities involve continuous movement of large muscle groups and will increase heart rate, cause breathing to quicken, and make you work up a sweat. They are important for healthy heart and lungs. These activities include running, climbing, hiking, walking, swimming, skipping, playing tag, etc.
2. **Flexibility:** These activities encourage children to bend, stretch and reach to promote flexibility. Being flexible promotes good posture and increases relaxation. Activities that promote flexibility include active play on a playground, digging in the garden or beach, dancing, etc.
3. **Strength:** These activities build adequate muscle strength, which allows kids to deal with the demands of daily life without excessive stress on their joints and muscles. Strength activities promote strong bones and muscles, and includes activities like lifting, raking, playground activities, etc.

Healthy Families BC, "Importance of Physical Activity for Children". August, 2013. Retrieved from: <https://www.healthyfamiliesbc.ca/home/articles/importance-physical-activity-children>

KEEPING KIDS ACTIVE WHILE HAVING FUN!



Preschoolers can be unstoppable - running, spinning, leaping, and climbing at every opportunity. Their desire to move, move, move makes this a great time to encourage physical activity habits that will last a lifetime! As you've read in this newsletter, physical activity helps kids grow, builds strong muscles and bones, develops important motor skills, and boosts self-esteem. But how do we keep them motivated to be active? What can we be doing as parents?

Sport leagues may be closed this summer due to the pandemic, so here are some EarlyON approved ideas and tips to keep your kids moving:

1. **Parents play an important role:** Your preschooler is keeping an eye on how you spend your time, so set a good example by being active yourself! Also, their physical abilities are still a bit limited (and their bodies don't know when to take a break in the heat), so keeping a close eye on them is always a good idea.
2. **Build a backyard obstacle course:** Use furniture, sticks, toys, etc. to make an obstacle course where you can run, jump, skip and crawl!
3. **Play games:** Hopscotch is great for balance, tossing balloons to one another is great for hand-eye coordination, singing songs like 'Head and Shoulders' is great for body awareness!

Retrieved from: <https://kidshealth.org/en/parents/active-kids.html>

RECIPE OF THE WEEK

Being active burns a lot of energy! Try out this recipe to refuel!

Banana Wrap

1 Whole wheat tortilla wrap

1 Banana

Peanut Butter or substitute (soy nut butter, almond butter, cashew butter)



1. Spread peanut butter (or substitute) on one side of the wrap.
2. Peel banana and lay on top of wrap and peanut butter (or substitute).
3. Roll the wrap around the banana, and then slice. Enjoy with a glass of milk or two!

PLAY OR EXERCISE?

A CHILD'S **BODY** DOESN'T KNOW THE DIFFERENCE.

BUT THEIR **MIND** TELLS THEM WHEN THEY'RE HAVING **FUN.**

WWW.YOUTHFITNESSGUY.COM

Virtual Family Math Program

Great program for children
Pre-school - Grade 1

Are you interested in a Zoom 5 week program to help your child learn ways to have fun with math?

Register your interest for either afternoons or early evenings at

earlyon@hnreach.on.ca



WE ARE STILL HERE FOR YOU!

Yes, things have changed a lot over the past month, but we are still here to help! Haldimand-Norfolk REACH is considered an essential service, and even though our sites are closed, we are working at home to stay connected with everyone, and to help those in need during these turbulent times.

If you or your child are in crisis, our Child and Youth Crisis Line is available 24 hours a day, 7 days a week. 1-866-327-3224

Feel free to find us on Facebook - we are the Haldimand-Norfolk REACH EarlyON Child and Family Centre! We're always posting activity ideas, circle time videos and stories, and tips to stay healthy at home.

Have an idea you'd like to see us try? Email us at earlyon@hnreach.on.ca